



**11 AM-1 PM**

**AgeWell**  
at the JCC

**KOSHER**  
w. ALADDIN

**RSVP by 4 PM the Business Day Before Your Visit**

**412-567-1715**

*Calling after 4 PM Does Not Guarantee a Meal*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>May 8</b> <b>BeWell</b></p> <p>Stuffed Shells w/ Marinara Sauce Hard Cooked Egg Mixed Greens w/ Cucumbers &amp; Radishes Wheat Bread Citrus Mix Light French Dressing</p> <p><b>Only one meal will be served on this day.</b></p>	<p><b>May 9</b> <b>BeWell</b></p> <p>Cider Beef Stew w/ Potatoes, Carrots &amp; Peas Sweet &amp; Sour Coleslaw Dinner Roll Apricots</p> <p><b>Local Deli</b></p> <p>Honey Chipotle Tilapia Sweet &amp; Sour Coleslaw Dinner Roll Apricots Tartar Sauce</p>	<p><b>May 10</b> <b>BeWell</b></p> <p>Baked Chicken Breast w/ Mushroom Gravy Butternut Squash w/ Margarine &amp; Cinnamon Stewed Tomatoes Rye Bread Apple</p> <p><b>Season's Harvest</b></p> <p>Turkey Meatloaf Butternut Squash w/ Margarine &amp; Cinnamon Stewed Tomatoes Rye Bread Apple</p>	<p><b>May 11</b> <b>BeWell</b></p> <p>Salmon w/ Tomato Basil Sauce Chive Scalloped Potatoes Green Beans Italian Bread Orange</p> <p><b>Local Deli</b></p> <p>Cowboy Stew Chive Scalloped Potatoes Green Beans Italian Bread Orange</p> <p>Menu is subject to change.</p>	<p><b>May 12</b> <b>BeWell</b></p> <p>Veggie Patty w/ Honey Mustard Sauce Garlic Whipped Potatoes Cold Beet Slices Wheat Challah Mandarin Oranges &amp; Pineapple</p> <p><b>Season's Harvest</b></p> <p>Roast Ginger Cod Garlic Whipped Potatoes Cold Beet Slices Wheat Challah Mandarin Oranges &amp; Pineapple Tartar Sauce</p>

